

The MuscleTech \$50K Transformation Diet Plan

Proteins	Carbohydrates	Free Foods (Vegetables)
Chicken Breast	Brown Rice	Artichoke
Turkey Breast	Wild Rice	Asparagus
LEAN Ground Turkey	Whole Wheat Pasta*	Broccoli
Tilapia	Oatmeal	Brussels Sprouts
Swordfish	Barley	Cabbage
Orange Roughy	Couscous	Carrots
Haddock	Quinoa	Cauliflower
Salmon	Cream of Wheat	Celery
Tuna	Whole Wheat Bread*	Cucumber
Crab	Whole Wheat Bagel*	Eggplant
Lobster	Whole Wheat English Muffin*	Green Beans
Shrimp	Whole Wheat Pita*	Lettuce
Top Round Steak	Whole Wheat Wrap / Tortilla*	Mushrooms
Top Sirloin Steak	Rice Cakes (about 7)	Okra
96+ LEAN Ground Beef	Apples	Onions
Buffalo	Strawberries	Peas
LEAN Ham	Blueberries	Peppers (Green, Red, etc.)
Egg Whites / Egg Substitutes	Melon (Cantaloupe, etc)	Spinach
Fat-Free Cottage Cheese	Orange	Summer Squash (limit)
Nitro-Tech Whey Products	Pineapple	Tomato (technically a fruit)
Deli Turkey Breast (6 slices)	Bananas	Water Chestnuts
Deli Lean Roast Beef (6 slices)	Beans	Wax Beans
	Corn	Zucchini
	Baked Potato	
	Hash Browns (baked)	
	Yam	
	Squash	
	Pumpkin	

Notes:

Choose a portion of protein and portion of carbohydrates totaling about 400-550 calories to form a meal

Add "Free Foods" (a.k.a veggies) to 2-3 of the meals

Eat 5-6 meals a day

Consume Nitro-Tech 30-min before and 30-min after a lifting session

Consume Nitro-Tech after morning Cardio/Aerobic session.

Total calorie intake will depend on day (up on lifting days; down on non-lifting days)

"Meal Replacement" products can be used when necessary (shakes, bars, etc); limit to 1-3 a day

Use Skim (Fat Free) Milk with shakes to keep dairy in the diet

Try to limit "starchy carbs" such as potato, corn, and yams to mornings/afternoons

* Whole Grain items can be used in place of Whole Wheat, just look for lower fat content and less overall processing